

# 2019- 2020

Administrative Information Packet

# Massachusetts Student Health Council

STUDENT LED CLUB



**Massachusetts Health Council**

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**Table of Contents**

<b>Introduction.....</b>	<b>4</b>
<b>Mission Statement.....</b>	<b>4</b>
<b>Why Join? .....</b>	<b>5</b>
<b>MSHC Rules:.....</b>	<b>6</b>
<b>Positions and Responsibilities .....</b>	<b>7</b>
<b>Year-Long Agenda.....</b>	<b>7</b>
<b>Application: .....</b>	<b>11</b>
<b>Club Posters.....</b>	<b>12</b>

## Introduction

For nearly 100 years, Massachusetts Health Council (MHC) members have worked to create a culture of health in the Commonwealth. By engaging schools and communities in thoughtful conversation, we aim to further our prevention and wellness message so important to physical and emotional health.

We have created a high school forum where students can discuss pertinent health topics, volunteer in their communities, and initiate change locally. With the implementation of a Massachusetts Student Health Club, students will receive plans, materials and resources to educate and initiate meaningful conversation. Topics include nutrition and fitness, vaping, substance abuse, healthy relationships, social determinants of health and more. Even if your school currently has a health club, MHC can provide resources and assistance by helping students inform their peers and community while also gaining a better understanding about different career opportunities within the health professions. This club will also satisfy “volunteer hours” that can be used toward National Honor Society and other community service requirements.

This document serves as a guide to creating, hosting and planning a **student-led** health club, which can be initiated at any point in the school year. If you are interested in starting a chapter of the Massachusetts Student Health Council, please fill out the application in this packet and forward to [dmartin@mahealthcouncil.org](mailto:dmartin@mahealthcouncil.org).

## Mission Statement

The Massachusetts Student Health Council *Club* will work alongside the Massachusetts Health Council to foster a strong culture of health in the Commonwealth. We will learn about social determinants of health and issues of equality, promote wellness within our school community and work toward an environment where all students and communities can thrive.

## Why Join?

### Faculty Advisors and Student Leaders

Why start a chapter of the Massachusetts Student Health Council (MSHC) at your school:

- Leadership experience
- Pilot a club backed by an accredited not-for-profit 501(c)(3) organization
- Get involved with the healthcare system at its core: Prevention
- Lead others in the joint mission to increase the overall health of your school and community
- The opportunity to earn funding for your own health initiatives
- The opportunity to interact with local healthcare leaders and members of the Massachusetts Health Council
- A platform to voice your community health concerns
- Become informed about opportunities to participate in local initiatives and events
- The chance to complete many hours of interactive community service
- Cool merchandise, club competitions, and more!
- The opportunity to start a club with an established agenda, goals, and activities (some of the work is done for you!)
- Gain understanding of different health professions, including policy related positions

### Students

Why join the MSHC:

- Demonstrate leadership by helping to start a club at your school to discuss health
- The opportunity to interact with local healthcare leaders and members of the Massachusetts Health Council
- A platform to voice for your community health concerns
- Become informed about local initiatives and events that you can participate in
- Earn community service hours
- Gain understanding of different health related career paths
- The chance to inspire and mentor Middle School students about important factors in health
- The opportunity to join a club that can improve the health of your school and broader community
- Become the first members of a club backed by an accredited not-for-profit organization
- Opportunity to hold a leadership position within the club
- Better understand the factors that affect overall health and wellness
- Cool merchandise, club competitions and more!

## MSHC Rules:

To be considered an official chapter:

- Each chapter must plan 3 events a year that promote health in their specific communities
- The council must meet 2 times per month (host 14 meetings per year)
- The council must have a faculty advisor
- The council must elect a student President, Vice President, Treasurer, and Secretary
- Have at least 5 members who are not officers

To be considered an official member:

- Students must attend  $\frac{2}{3}$  of the meetings
- Students must help with 2 outside events
- Must participate in discussions and help with brainstorming ideas
- Members should follow the MA health council on Twitter, LinkedIn, and Facebook

MSHC funding:

- MHC will be in contact with the treasurer and President/ VP of the student health council to decide if funding can be awarded. There will be no membership fee to join the Massachusetts Student Health Council. All students who are willing to abide by the official member rules are welcome to join. Purchase request forms must be filled out and approved PRIOR to the purchase of any materials in order to be approved for funding/reimbursement.

Educational materials:

- MHC will provide educational materials for talks concerning healthy beverages and vaping. These should be requested the month before the meetings take place and will be forwarded to the President/VP/Treasurer and Faculty Advisor. MHC will provide additional resources and educational material on other topics.
- All posters, slides, and visuals that use the MHC logo must be approved prior to being displayed.

Please note:

Rules are for guidance only. School policies, as determined by faculty advisor and club leadership, may supersede this outline.

## **Positions and Responsibilities**

### **President:**

- Responsible for holding and conducting all meetings and events
- Responsible for holding all other officers accountable
- Responsible for holding all officer meetings and approving all financial requests prior to their submission to MHC
- Responsible for ensuring that the mission of the MSHC is preserved and that the MSHC complies with all standards
- Responsible for recruiting new members
- Responsible for maintaining communication with the MHC

### **Vice President:**

- Responsible for upholding all of the President's duties in their absence
- Responsible for assisting in all of the President's duties
- Responsible to help plan and coordinate events and meetings with the President, Treasurer, and Secretary

### **Treasurer:**

- Responsible for submitting all financial requests to the MHC, and completing the purchasing process, including submission of receipts, order forms, etc.
- Responsible for requesting merchandise orders from the MHC
- Responsible for merchandise distribution and the proper execution of funds allocated by MHC
- Responsible to help plan and coordinate events and meetings with the President, Vice President, and Secretary

### **Secretary:**

- Responsible for keeping and recording all meeting minutes
- Responsible for keeping accurate and up-to-date attendance records for meetings and events
- Responsible to help plan and coordinate events and meetings with the President, Vice President, and Treasurer
- Responsible for coordinating the election of officers. This is only applicable for the second year officers. There will not be elections for the first year of the MSHC on campus.



September	October	November
<b>Introduction</b>	<b>Social determinants &amp; Health Education</b>  National Health Literacy Month	<b>Nutrition and Food Insecurity</b>  Diabetes Month
<b><u>Meeting 1: Welcome meeting</u></b>  (3rd week of Sept) Introduction of health for the commonwealth, review of the year's goals, calendar, etc.	<b><u>Meeting 1:</u></b> Health Education and Literacy  <b><u>Meeting 2:</u></b> Social Determinants of Health <ul style="list-style-type: none"> <li>- Race, socioeconomic status, gender, and education</li> <li>- Minorities and underprivileged</li> </ul>	<b><u>Meeting 1:</u></b> Food security: food bank, who is at risk  <b><u>Meeting 2:</u></b> Nutrition, malnutrition, and undernutrition
<b>Suggested Activities:</b> <ul style="list-style-type: none"> <li>- Club Officer introduction</li> </ul>	<b>Suggested Activities:</b> <ul style="list-style-type: none"> <li>- Participate in National Health Education week (Oct 21-25)</li> <li>- Put up health facts around the school or middle school</li> </ul>	<b>Suggested Activities:</b> <ul style="list-style-type: none"> <li>- Participate in Food Drive</li> <li>- Volunteer at Food Bank</li> <li>- Great American Smokeout (Nov 15)</li> </ul>
<b>Resources:</b> <ul style="list-style-type: none"> <li>• <a href="https://mahealthcouncil.org/">https://mahealthcouncil.org/</a></li> </ul>	<b>Resources:</b> <ul style="list-style-type: none"> <li>• Health Literacy:               <ul style="list-style-type: none"> <li>- <a href="https://www.cdc.gov/healthliteracy/learn/index.html">https://www.cdc.gov/healthliteracy/learn/index.html</a></li> </ul> </li> <li>• Social determinants:               <ul style="list-style-type: none"> <li>- Research by CDC: <a href="https://www.cdc.gov/socialdeterminants/research/index.htm">https://www.cdc.gov/socialdeterminants/research/index.htm</a></li> <li>- Tools for putting SDOH into action: <a href="https://www.cdc.gov/socialdeterminants/tools/index.htm">https://www.cdc.gov/socialdeterminants/tools/index.htm</a></li> <li>- Massachusetts specific: <a href="https://www.mass.gov/social-determinants-of-health-data">https://www.mass.gov/social-determinants-of-health-data</a></li> <li>- Health of Boston Report: <a href="http://www.bphc.org/healthdata/health-of-boston-report/Documents/5_C2_SDH_16-17_HOB_final-5.pdf">http://www.bphc.org/healthdata/health-of-boston-report/Documents/5_C2_SDH_16-17_HOB_final-5.pdf</a></li> </ul> </li> </ul>	<b>Resources:</b> <ul style="list-style-type: none"> <li>• Food security: who is at risk?               <ul style="list-style-type: none"> <li>- <a href="https://www.feedingamerica.org/hunger-in-america/massachusetts">https://www.feedingamerica.org/hunger-in-america/massachusetts</a></li> <li>- <a href="https://www.americashealthrankings.org/explore/health-of-women-and-children/measure/food_insecurity_household/state/MA">https://www.americashealthrankings.org/explore/health-of-women-and-children/measure/food_insecurity_household/state/MA</a></li> <li>- Long report: <a href="https://julianagveman.com/wp-content/uploads/2018/01/Massachusetts-Food-Insecurity-Report_12.5.2014.pdf">https://julianagveman.com/wp-content/uploads/2018/01/Massachusetts-Food-Insecurity-Report_12.5.2014.pdf</a></li> </ul> </li> <li>• Nutrition, malnutrition and undernutrition               <ul style="list-style-type: none"> <li>- WHO: Consequences of malnutrition: <a href="https://www.who.int/features/qa/malnutrition/en/">https://www.who.int/features/qa/malnutrition/en/</a></li> </ul> </li> </ul>



December	January	February
Vaping	Substance Abuse: Opioids and Marijuana	Healthy Heart Month  National Healthy Heart Month
<p><b>Meeting 1:</b> Vaping PowerPoint (how companies target youth)</p> <p><b>Meeting 2:</b> Brainstorming/ Initiation and planning for anti-vaping campaign (to be done in January)</p>	<p><b>Meeting 1:</b> Review progress in anti-vaping, and review substance abuse material</p>	<p><b>Meeting 1:</b> Healthy beverage campaign</p> <p><b>Meeting 2:</b> Planning for March Madness fitness bracket</p>
<p><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>- Participate in Worlds AIDS Day</li> <li>- Schedule Communication or meeting with MHC leaders</li> </ul>	<p><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>- Spread Alcohol Awareness</li> <li>- Participate in Alcohol and Drugs Facts week</li> <li>- Start of the MSHC-led anti-vaping campaign at their school and the neighboring middle school</li> <li>- Middle school visit</li> </ul>	<p><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>- Participate in American Heart Month</li> <li>- Participate in African Heritage and Health Week</li> </ul>
<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Vaping <ul style="list-style-type: none"> <li>- <a href="https://mahealthcouncil.org/mpage/VapingCampaign">https://mahealthcouncil.org/mpage/VapingCampaign</a></li> <li>- <a href="https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html">https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html</a></li> </ul> </li> <li>• Anti-tobacco materials: <ul style="list-style-type: none"> <li>- <a href="https://www.cdc.gov/tobacco/basic_information/youth/index.htm">https://www.cdc.gov/tobacco/basic_information/youth/index.htm</a></li> <li>- “How Juul cornered the youth tobacco market and what you should know” <a href="https://publichealthinsider.com/2018/08/06/how-juul-cornered-the-youth-tobacco-market-and-what-you-should-know/">https://publichealthinsider.com/2018/08/06/how-juul-cornered-the-youth-tobacco-market-and-what-you-should-know/</a></li> </ul> </li> </ul>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Substance Abuse: <ul style="list-style-type: none"> <li>- <a href="https://www.cdc.gov/features/teen-substance-use/index.html">https://www.cdc.gov/features/teen-substance-use/index.html</a></li> <li>- <a href="http://makesmokinghistory.org/dangers-of-vaping/schools/">http://makesmokinghistory.org/dangers-of-vaping/schools/</a></li> </ul> </li> </ul>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Healthy beverage campaign <ul style="list-style-type: none"> <li>- <a href="https://mahealthcouncil.org/BlankCustom.asp?page=HealthyBevCampaign">https://mahealthcouncil.org/BlankCustom.asp?page=HealthyBevCampaign</a></li> </ul> </li> </ul>

March	April	May
<b>Fitness</b> National Nutrition Month	<b>Sexual Health and Healthy Relationships</b> National Sexual assault awareness and prevention month and STD Prevention Month	<b>Mental Health Month</b> National Mental Health Month
<b>Meeting 1:</b> Fitness and Nutrition  <b>Meeting 2:</b> How to promote healthy eating and fitness in schools	<b>Meeting 1:</b> Sexual Health - HIV/AIDS Epidemic - Reproductive Health <b>Meeting 2:</b> Healthy Relationships	<b>Meeting 1:</b> Mental health introduction and implementation of the positivity campaign  <b>Meeting 2:</b> End of the year “party”
<b>Suggested Activities:</b> <ul style="list-style-type: none"> <li>- Participate in Diabetes Alert Day</li> <li>- March Madness fitness bracket</li> </ul>	<b>Suggested Activities:</b> <ul style="list-style-type: none"> <li>- Participate in Denim Day</li> <li>- Rape Abuse Incest National Network Day</li> <li>- World Health Day (4/7)</li> </ul>	<b>Suggested Activities:</b> <ul style="list-style-type: none"> <li>- Participate in Women’s health week (5/10-5/16)</li> <li>- Positivity campaign</li> </ul>
<b>Resources:</b> <ul style="list-style-type: none"> <li>• Nutrition and fitness <ul style="list-style-type: none"> <li>- <a href="http://www.pamf.org/teen/health/nutrition/">http://www.pamf.org/teen/health/nutrition/</a></li> <li>- <a href="https://snaped.fns.usda.gov/sites/default/files/documents/PowerUpCurriculum.pdf">https://snaped.fns.usda.gov/sites/default/files/documents/PowerUpCurriculum.pdf</a></li> </ul> </li> </ul>	<b>Resources:</b> <ul style="list-style-type: none"> <li>• Sexual Health and Healthy relationships <ul style="list-style-type: none"> <li>- <a href="https://youth.gov/youth-topics/teen-dating-violence/characteristics">https://youth.gov/youth-topics/teen-dating-violence/characteristics</a></li> <li>- <a href="https://www.loveisrespect.org/healthy-relationships/">https://www.loveisrespect.org/healthy-relationships/</a></li> </ul> </li> </ul>	<b>Resources:</b> <ul style="list-style-type: none"> <li>• Mental Health <ul style="list-style-type: none"> <li>- <a href="https://medlineplus.gov/teenmentalhealth.html">https://medlineplus.gov/teenmentalhealth.html</a></li> <li>- <a href="https://www.cdc.gov/childrensmentalhealth/data.html">https://www.cdc.gov/childrensmentalhealth/data.html</a></li> <li>- <a href="https://www.mentalhealthamerica.net/2019-mental-health-month-toolkit">https://www.mentalhealthamerica.net/2019-mental-health-month-toolkit</a></li> </ul> </li> </ul>



## Massachusetts Student Health Council Chapter Application 2019

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School Name \_\_\_\_\_

School Address: #/St \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Principal Name** (first/last) \_\_\_\_\_ **Principal Phone #** \_\_\_\_\_

Principal email: \_\_\_\_\_

**Faculty Advisor Name** (first/last) \_\_\_\_\_ **Advisor Phone #** \_\_\_\_\_

Advisor email: \_\_\_\_\_ **Advisor signature** \_\_\_\_\_

**MSHC President Name** (first/last) \_\_\_\_\_ **President email** \_\_\_\_\_

President signature \_\_\_\_\_

**MSHC Vice President Name** (first/last) \_\_\_\_\_ **Vice President email** \_\_\_\_\_

Vice President signature \_\_\_\_\_

**MSHC Treasurer Name** (first/last) \_\_\_\_\_ **Treasurer email** \_\_\_\_\_

Treasurer signature \_\_\_\_\_

Why do you want to bring the Massachusetts Student Health Council to your campus?

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I \_\_\_\_\_, as appointed president of the Massachusetts Student Health Council  
Name of president  
\_\_\_\_\_, Chapter, have read and agree to adhere to the Rules set by the Massachusetts  
Name of School  
Health Council

President Signature \_\_\_\_\_ Date \_\_\_\_\_



LEARN, ADVOCATE, VOLUNTEER



# MASSACHUSETTS STUDENT HEALTH COUNCIL



EVER WONDER HOW RACE, GENDER AND  
SOCIOECONOMIC STATUS EFFECT YOUR  
HEALTH? WANT TO GET MORE  
INVOLVED IN YOUR SCHOOL OR  
COMMUNITY? EARN VOLUNTEER HOURS  
BY BECOMING A MEMBER OF THE  
OFFICIALLY RECOGNIZED  
MASSACHUSETTS STUDENT HEALTH  
COUNCIL!



To learn more visit [mahealthcouncil.org](http://mahealthcouncil.org)!



Be the future of health!





GET INVOLVED!

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**VOLUNTEER, LEARN, ADVOCATE**  
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Volunteer, Learn, Advocate

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